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Calgary metro

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THE ASSOCIATED PRESS

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No funding for fluoride

WATER FLUORIDATION

Despite concerns of city councillor, Alberta Health won't chip in



Jeremy Simes
For Metro | Calgary

They said municipalities have always dealt with water fluoridation, adding the government's role is to make recommendations based on scientific evidence.

But that's where Ward 6 Coun. Richard Pootmans disagrees.

Pootmans, who voted for water fluoridation during city council's 2011 motion to stop adding fluoride to drinking water, said the government should contribute some funds for fluoridation, if it's re-introduced.

"Good health is impossible without good dental health, so why won't Alberta Health get engaged with this?" he said.

Pootmans, who recently met with Alberta Health Services' Dr. Richard Musto about water fluoridation, said it would make sense for Alberta Health to contribute to fluoridate water, given it supports the practice.

The fluoride debate was revived after a University of Calgary study that found tooth decay in children has increased since the chemical was removed from the city's drinking water.

The city doesn't plan to reintroduce fluoride but, if it did, Alberta Health said it's not considering taking responsibility for fluoridation in communities, according to a statement from the department.

"I'm disappointed — I think it would help our cause," he said, noting there's very few councillors who support water fluoridation.

Arguments against city fluoridation include costs and mass dosing the population.



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Your essential daily news

Rolling Stones to play free concert in Havana, becoming biggest act to play Cuba since revolution.



Fundraiser helps to fly dying Albertan home

CANCER

Woman in Ont. for treatment will travel with air ambulance

Lucie Edwardson
Metro | Calgary

The dying wish of an Alberta woman to return home to her family is about to come true — just in time for her son's seventh birthday.

Julie Crawford, who has been battling Stage 3 melanoma since 2010, has spent nearly two months in Toronto as a last-ditch effort in receiving treatment. Unfortunately, Julie's treatment was unsuccessful. But, due to her fragile condition she hasn't been able to return home.

"My heart broke when I heard their story for so many reasons," said Kathy Barnard, executive director of the Save Your Skin Foundation.



The plan is to just make the most of whatever time we have left.

Cory Crawford



The GoFundMe campaign set up by the Save Your Skin foundation raised over \$50,000 in 36 hours. SCREENSHOT

Barnard, who won her battle against melanoma nearly a decade ago, said she recalls the difficulties of traveling outside of her home province of B.C. to receive treatment.

"I really wanted to be close to home, close to my family," she said. "Your family is your universe so honestly it just broke my heart when Cory called me on the weekend."

After speaking with Cory Crawford, Julie's husband, and

hearing their story, Barnard said the Save Your Skin foundation decided to take action and set up a GoFundMe page with a goal of \$50,000 to pay for an air ambulance to bring Julie home.

Less than 36 hours after creating the page, the group has exceeded their goal.

"We've booked Julie for a flight Wednesday morning," said Karran Finlay of Save Your Skin. "They're picking her

up at her bedside and we're hoping that tomorrow night she is with her son Adam and the rest of her family. We'll all breathe a collective sigh of relief once she's home."

Cory said he is overwhelmed by the generosity.

"We expected a strong outpouring of support but nothing like this," he said. "It's just an amazingly strong sense of community that we feel."

Cory said if all goes well,

Julie will be reunited with their son, Adam, to celebrate his seventh birthday.

He said it's important to bring her home to be surrounded by those who love her.

"The plan is to just make the most of whatever time we have left, surround her with family and friends and laughter," he said. "It's what's giving her the strength to fight harder, to make sure she gets home."

EDUCATION

Parents 'Twitter bomb' Eggen

Parent advocacy groups took to Twitter Tuesday to "Twitter bomb" Alberta's education Minister David Eggen in an effort to express their concern over the Guidelines to Best Practices.

"We've written our letters and we've called our MLAs, but we don't feel our collective voice is being heard," said Theresa Ng, an Edmonton mother and organizer of #protectABkids.

Ng said a Twitter bomb is when many people tweet the same message to the same person on the same day.

Donna Trimble, a Calgary parent who participated in the campaign, and the executive director of Parents for Choice in Education, said they're specifically against the guidelines that state school records will be kept "in a way that respects privacy and confidentiality."

Trimble said in the past, Albertans have put their trust in schools and now they are being forced to make a decision they shouldn't have to.

"We're putting our schools in a position where they have to make a decision between whether or not they're going to listen to government or make parents aware of the needs of their children — that's illogical," she said.

Trimble said contrary to what some might believe, they "aren't opposed to the LGBTQ community." Rather, "we're opposed to any mandate that isolates children from their parents in school." LUCIE EDWARDSON/METRO

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TERMINAL ILLNESS

Court gives assisted death exemption

A judge has ruled that a Calgary woman with a terminal illness can have a doctor-assisted death.

The woman, who cannot be identified due to a publication ban, is in the final stages of amyotrophic lateral sclerosis, or ALS, also known as Lou Gehrig's disease.

The court decision released Tuesday says the woman has no more than six months to live and is in significant pain.

"I am not suffering from anxiety or depression or fear of death," the woman, referred to as Ms. S, said in her court application.

"I would like to pass away peacefully and am hoping to have physician-assisted death soon. I do not wish to have continued suffering and to die of this illness by choking. "I feel that my time has come to go in peace."

The Supreme Court ruled

last winter that consenting adults enduring intolerable physical or mental suffering have the right to end their lives with a doctor's help.

The high court has given the federal government more time to write a new law on physician-assisted death, with an exemption for anyone who

wants to ask a judge sooner to be allowed to die.

Court of Queen's Bench Justice Sheilah Martin said in her ruling that she's satisfied

Ms. S is a competent, mentally alert adult who did not make her decision in a moment of weakness.

Court heard Ms. S has explored the idea of physician-assisted death for two years.

The judge said the woman plans to die soon with the help of two doctors on private property in Vancouver.

THE CANADIAN PRESS

I feel that my time has come to go in peace.

Ms. S



A worker cleans up branches damaged in the summer snowstorm later dubbed 'Snowtember' in this September 2014 photo.

METRO FILE

More tree investment needed: Councillor

URBAN CANOPY

Snowtember led to city's rethinking of tree value



Brodie Thomas
Metro | Calgary

make to the National Energy Board.

But Notley says Alberta will come out with guns blazing if it turns out that Quebec wants the power to say no to the pipeline.

"I am going to leave the gun in the holster until we are actually at the gunfight, and we are not there right now," Notley said Tuesday.

"We are going to be monitoring this and keeping a close eye on it."

THE CANADIAN PRESS

A year and a half after the "Snowtember" storm of 2014, the city and arborists are finally catching up with the damage caused by the storm.

Arborist and Adiar Tree Care

owner Matt Davis said his business probably turned the corner in December of 2015 — 15 months after the storm.

"We got through the bulk of extra work because of the damage and now we're more into our regular schedule of following up with people and doing maintenance," he said.

He said the storm was unprecedented in his 10 years of experience, and its biggest impact was alerting people to the fact that their trees need maintenance.

He said people are more receptive now to his advice, whereas before many were more concerned with aesthetics, regard-

less of tree health.

Councillors will be receiving the latest update on the city's tree recovery plan when the Community and Protective Services Committee meets Wednesday.

"At the time of the storm, city council budgeted \$35.5 million from the city's fiscal stability reserve over three years to address the damage.

The money is being used not just for maintenance on existing trees, but also to plant new trees and to spread awareness of the value of trees. The city launched the ReTree YYC program as a way to inform citizens of the recovery plan.

Coun. Evan Woolley said the storm highlighted the value of Calgary's urban forest, and points to the need for more investment in future budget cycles.

"The problem is, this is a long game. Our aging urban canopy and our re-investment in it is a long-term challenge despite the Snowtember event," he said.

Woolley said with planned neighborhoods, the trees are often all of a similar age, and will reach the end of their lifespan at the same time. The city needs to stay ahead of that.

"It's called succession planting. Are we starting to replant and plan for this in advance of this aging canopy?"

ENERGY EAST

Notley: No guns blazing yet over Quebec decision

Premier Rachel Notley says Alberta won't blaze away yet at Quebec about its decision to seek an injunction over the Energy East pipeline.

Notley says she has conferred with Quebec and the Prime Minister's Office and it appears the Quebec government wants to conduct a review of the proposed project similar to one done by Ontario last fall.

She says if that is the case, Quebec would use its review to get information for a presentation it would



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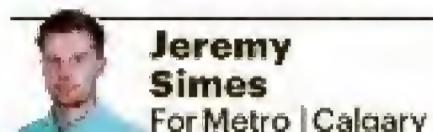
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Police think victim targeted by shooter

FATALITY

Crime scene is near a school



Jeremy Simes
For Metro | Calgary

The Calgary Police Service Homicide Unit is investigating a shooting that occurred early Tuesday morning in the city's northeast.

At 3 a.m. officers responded to a shots-fired call in the 100 block of Whiteview Road N.E. Upon arrival, they found a dead man near a car in the area.

According to police, the victim was a man in his 20s. Police don't believe the shooting was random.

Paul Steraub, who's lived in the neighbourhood for eight years, said he didn't hear gunshots early Tuesday morning.

He said the incident makes him feel somewhat uneasy,



Police were on the scene in Whitehorn on Tuesday after a man was found dead in an apparent shooting. LUCIE EDWARDSON/METRO

noting the crime scene is near a school.

"School kids got quite a show this morning," he said.

Herbert Pierce, who's lived in the area for 35 years, said

he was a bit surprised when he learned of the incident.

"That's the life in a big city nowadays," he said.

An autopsy is scheduled for Wednesday, and police said

there would be no further information released until that time.

Police are asking the public to call 403-266-1234 with any information they may have.

REAL ESTATE

Home sales still sliding: Board

February numbers from the Calgary Real Estate Board (CREB) showed home sales continue to slow in the city.

It reported a 6.63 per cent drop in home sales over last February. Benchmark prices are down 3.45 percent over February 2015.

"Slow sales and elevated housing inventory has resulted in further price declines," said CREB chief economist Ann-Marie Lurie in a news release. "Given the current economic environment, it's no surprise that consumer confidence and housing demand is being impacted."

Fewer people are putting their



It's no surprise that consumer confidence and housing demand is being impacted.

Ann-Marie Lurie

homes on the market, but the number of homes available for sale remains high, according to the report. CREB president Cliff Stevenson said with the growing inventory available, sellers are being more realistic about their pricing expectations. METRO

IN BRIEF

Province to inspect stores for safety following deaths

The Alberta government says it will inspect hundreds of standalone convenience stores and gas bars over the next three months to ensure workers are safe.

During their inspections

of about 200 work sites, safety officers will have the authority to write orders on the spot.

The inspections come after two clerks working alone at different Mac's in Edmonton were shot dead during robberies on Dec. 18. THE CANADIAN PRESS

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IN BRIEF**Calgary ranks high in Winter Bike to Work Day**

Calgary cyclists braved a mild winter to help the city place fifth worldwide on Bike to Work Day — and Edmonton came in 10th.

This year, according to a count on the Bike Calgary website, 455 two-wheeled commuters showed up for the annual celebration.

This year's event was held Feb. 12 and started with a warm and toasty

10K

Overall 10,770 cyclists committed to Winter Bike to Work Day worldwide.

celebration in Eau Claire.

The next Bike to Work Day will be held in May with a special emphasis on the 10th anniversary.

HELEN PIKE/METRO

Woolley questions fairness of maintenance levies

Coun. Evan Woolley says he has concerns with the city's special tax bylaw, which is being discussed at committee on Wednesday.

Under the Municipalities Act, communities can request special tax levies to cover the cost of increased maintenance including garden care, litter control and snow

removal.

Woolley said it creates a two-tier system of have and have-not communities.

"Communities with lots of renters, they can't get special levies to treat their neighbourhood well," he said.

The Ward 8 councillor wants to know if the special levies draw on the resources of the city's parks department.

BRODIE THOMAS/METRO



Like a dance, the piece involves performer and creator Benoit Lachambre twisting and transforming his body within a harness suspended from the scaffolding. CONTRIBUTED

A reptilian metaphor for change

THEATRE JUNCTION

Snakeskins more about emotions than traditional plot

 **Aaron Chatha**
Metro | Calgary

Benoit Lachambre wants his audiences to ponder the meaning of transformation — figuratively and literally as he sheds layers of costuming in his performance piece Snakeskins at the Theatre Junction Grand this week.

Originally from Montreal, Lachambre is finally bringing his 2012 creation, billed as a reptilian metaphor about moulting, with an emphasis on the result and decomposition over time, to Calgary from March 2 to 5.

The performance involves using exoskeleton, a harness and different types of suspensions, sometimes only hooked to his neck, to twist and turn his body in different ways.

"It's very much a piece that's based on the senses," said Lachambre. "There's not one thing to understand, it's more something to sense. What happens when they look at the

work transform itself. For me, it's a very profound experience as I perform this piece."

The piece is much less about following a plot or story — Lachambre said the focus is triggering emotions in the audience through movements and on-stage transformation.

The piece, for Lachambre, represents an evolution of his work.

"I've been working on thematic work since 1985, so I've been working with energies for a long time," he said. "That amount of time was preparation for this."



It's very much a piece that's based on the senses.

Benoit Lachambre

Although the focus is on him, Lachambre isn't the only one on stage for the performance. He's joined by dancer Daniele Albanese and multi-instrumentalist Hahn Rowe, who plays live during the show.

Rowe has previously worked with bands like Moby, R.E.M. and Yoko Ono.

For more information, visit theatrejunction.com.



Laser hair removal has evolved...Now it's faster, painless and suitable for all skin types!

Women have been shaving their legs and underarms for decades. It's a cumbersome chore that needs to be done frequently to avoid stubble. Feminine facial hair is even more cumbersome. It is common in certain ethnic groups and increases in most ethnicities after menopause. Hairy backs have never been considered attractive, but nowadays it seems that body hair in general is considered unsightly on men as well as women. In an era where all of us seem busier than ever, shaving is time-consuming and the cost of professional waxing can add up. Ingrown hairs that can result from ongoing shaving or waxing are unsightly and can even be painful.

Imagine the freedom of enjoying smooth skin, free of stubble, without the need to shave or wax!

Laser Hair Removal can permanently destroy the hair follicles and their ability to grow hair where it is unwanted. Not all hair removal lasers work equally well. Medical-grade differs greatly from spa-grade and not all technology is suitable for every person. Having a basic understanding of how laser hair removal works and what to expect will save you money, time and possibly disappointment.

Hair removal treatments are done with either an IPL (Intense Pulsed Light machine) or various lasers, known as Alexandrites, ND Yags or Diodes. Each has its pros and cons, its advantages, risks and limitations. If you

have ever been to Skinpossible's website, or the clinic itself, you may be aware that Skinpossible has more technology than any other clinic in Calgary. Skinpossible has all of the above and all of our technology is tier-one within its class.

Since lasers and light used for hair removal are looking beneath the surface of the skin for pigment in the hair follicle, not all technologies are suitable for darker skintypes or tanned skin due to the pigment in the skin itself. Depending on the thickness of the hair, the colour of the hair, the depth of the follicles, and how much natural pigment is in your skin, we choose the device that will work best for you.

Lumenis Lightsheer:

Diode lasers are recognized to have the optimal depth of penetration and energy absorption to target hair follicles. Hair removal with diode lasers generally requires fewer treatments, but the Lightsheer goes beyond that.



Suitable for fair and dark skintypes: Lightsheer can safely and effectively treat all but the darkest skintypes.

Speed of Treatment: The surface area that each pulse covers with the Lightsheer's high-speed integrated

Skinpossible can remove hair on women and men on any area of the body. All of our technology is medical-grade and can target all but very fine, blond or white hair. We can treat fair, medium and dark skin types. We can even treat tanned skin.

technology is huge by laser standards. People are busy, and the fact that we can treat an entire back or lower legs in only twenty-minutes makes it more convenient for our patients.

Comfort: If you've ever had laser hair removal you know it can be painful. The high-speed handpiece of the Lightsheer doesn't hurt. Of course you can feel it, but most people do not find it uncomfortable!

Fotona Avalanche Frac3 ND Yag:

Expanded capabilities of Fotona's new Avalanche Frac3 ND Yag laser hair removal improves the efficacy, and unlike other ND Yag laser treatments which hurt, this

free. It is ideal for people from the Middle East and other dark skin types because the wavelength penetrates deeply into the skin to target the deepest hair follicles while bypassing the natural pigment in the skin.



Sciton BBL:
The BBL is a medical-grade IPL that provides integrated cooling during the treatment. This allows us to set aggressive parameters to seek out hair



while keeping the epidermis safe. It's more comfortable than most lasers and can effectively treat hair that would be missed by other lasers. It is the gold standard for seeing pigment which allows the BBL to target finer hair and a lighter colour of hair than any other technology. It is suitable for lighter skintypes.



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Food guide needs update

NUTRITION

Standards now obsolete as waistlines keep expanding

Canada's Food Guide, which presents fruit juice as a healthy choice, is in need of a drastic overhaul to help combat the country's obesity crisis, a Senate committee warned Tuesday as it released findings of a study spanning more than a year.

The report paints a bleak picture of Canadians plagued with conditions linked to excess weight and takes direct aim at Health Canada's recommendations on juices most commonly served at breakfast tables.

"Canada's dated food guide is no longer effective in providing nutritional guidance to Canadians," the report said. "Fruit juice, for instance, is

presented as a health item, when it is little more than a soft drink without the bubbles."

The report, which pegs the cost of obesity at between \$4.6 billion and \$7.1 billion a year in health-care needs and lost productivity, also suggested the committee got an earful on the failings of the food guide.

"Several witnesses suggested that Canada's Food Guide has been at best ineffective," it said.

An overhauled food guide should be based on the latest science and must make strong statements about restricting consumption of highly processed foods, the study added.

THE CANADIAN PRESS



We can't sugar-coat it any longer. The obesity crisis is real.

Sen. Kelvin Ogilvie



Syrian refugee boys attend class in January, at an education centre run by Relief International in the Za'atari Refugee Camp, near Mafraq, Jordan. THE ASSOCIATED PRESS

REFUGEE CRISIS

Matching aid dollars for Syria falls short

The dollars are still being counted, but the amount of money donated by Canadians for overseas Syrian relief efforts will likely fall well short of the maximum \$100 million the government had promised to match.

Monday marked the final day for Canadians to give

money for Syrian aid in order to ensure those dollars were matched by the federal government.

Upwards of \$16 million in donations had been received by Monday by UNICEF, World Vision and the Red Cross, but several other groups taking part have not released their

figures.

The program, launched by the Conservatives, was set to close at the end of 2015 but the Liberals extended the deadline to raise more money.

At the time the government announced the extension, about \$12 million had been raised since the program

launched last September.

Since January 2012, Canada has committed \$653.5 million in humanitarian assistance in response to the Syria crisis.

Previously, the government had only used matching funds in response to natural disasters.

THE CANADIAN PRESS

ENVIRONMENT

Market-oriented green group gets boost

Prime Minister Justin Trudeau gave a boost Tuesday to a new cross-sectoral group of business leaders, labour, non-governmental organizations, government and academics who want to accelerate Canada's transition to a high-efficiency, low carbon economy.

Smart Prosperity officially launched in Vancouver with

encouragement from Trudeau, whose Liberal government's climate agenda appears to dovetail with the economic transformation envisioned by the new market-oriented group.

Twenty-six individuals have signed on to the initiative, including an eclectic mix of top representatives from

banks and insurance companies, aluminium smelters, the United Steel Workers union, a grocery chain, investment firms and the World Wildlife Federation.

They're looking to identify and promote policies that spur innovation, generate jobs and boost the economy while improving the environment

and conserving Canada's natural heritage.

"I'm a big believer in government not playing the leadership role," Annette Verschuren, one of three Smart Prosperity co-chairs and the former president of Home Depot Canada, said in an interview before Tuesday's announcement.

THE CANADIAN PRESS



Prime Minister Justin Trudeau speaks during the launch of Smart Prosperity on Tuesday.

DARRYL DYCK/THE CANADIAN PRESS

IN BRIEF

Kenya benefits from Kanye's infamy

A website suggests that fans who might spend \$700 on one of Kanye West's sweaters donate the money to charity instead.

Todd Lorentz, a director of One Child's Village, says donations are starting to come in as a result.

THE CANADIAN PRESS



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Super sweeps

U.S. POLITICS

Clinton, Trump lead top electoral day

Republican Donald Trump and Democrat Hillary Clinton moved closer to winning their parties' nominations with a series of victories in the Super Tuesday elections, the biggest day of the primary campaign.

Clinton and Trump each won at least six of 11 state races as they looked to distance themselves from party rivals and move closer to a November presidential election showdown.

Ted Cruz, a firebrand conservative senator, won his home state of Texas and Oklahoma as he sought to emerge as Trump's main rival. Clinton's only opponent, Bernie Sanders, also won Oklahoma, as well as his home state of Vermont.

Cruz desperately needed the win in Texas in order to stay in the race, and was likely to keep campaigning as the only Republican who has been able

to defeat Trump in any primary contest. He also won the lead-off Iowa caucuses.

For Marco Rubio, the night was turning into a disappointment. While a flood of Republican officeholders have rallied around him in recent days, his first state victory remained elusive as results rolled in. His long-shot hopes now rest with his home state, Florida, which votes on March 15, but polls show him trailing Trump there.

Trump won in Virginia, Arkansas, Alabama, Massachusetts, Tennessee and Georgia on Super Tuesday.

Clinton, the former secretary of state and senator, won in Texas, Arkansas, Alabama, Tennessee, Georgia and Virginia.

The wins reflected her strength in the South, where black vot-

DELEGATES

Democrats were voting in 11 states and American Samoa, with 865 delegates up for grabs. Republicans were voting in 11 states, with 595 delegates at stake.

ers are an important part of the Democratic base and overwhelmingly support her.

Voting was ongoing or too close to call in other races.

Trump, the brash billionaire, has stunned the Republican establishment by winning three of the first four contests, seizing on the anxieties of voters angry at Washington and worried about terrorism, immigration and an uncertain economy. Using simple terms, and often coarse language, he soared to the top of polls with his pledge to "make America great again."

Republican officials, fearing a Trump sweep, have been lashing out at his temperament and command of the issues in the hours before voting began.

Clinton, once seen as the inevitable Democratic nominee, has contended with an unexpectedly strong challenge from Sanders, a senator and self-described democratic socialist. But Clinton had also won three of the first four races.

THE ASSOCIATED PRESS

 For the latest results, go to [metronews.ca](#)



Top: Hillary Clinton addresses a rally during a campaign event in Miami. Bottom: Donald Trump speaks at a campaign event in Palm Beach, flanked by former candidate Gov. Chris Christie. GETTY IMAGES

SPACE MISSION

'We did it': Spacemen return from long tour

Astronaut Scott Kelly closed the door Tuesday to an unprecedented year in space for NASA, flying back to the planet and loved ones he left behind last March.

Kelly and his roommate for the past 340 days, Russian cosmonaut Mikhail Kornienko, were due to check out of the International Space Station Tuesday night.

By the time their capsule lands in Kazakhstan on Wednesday, the pair will have travelled 144 million miles

through space, circled the world 5,440 times and experienced 10,880 orbital sunrises and sunsets.

Kelly photographed the first five sunrises of his waking day Tuesday, posting the pictures on Twitter, before quipping, "I gotta go!" His final tweet from orbit came hours later: "The journey isn't over. Follow me as I rediscover #Earth!"

Piloting the Soyuz capsule home for Kelly, 52, and Kornienko, 55, will be the much fresher and decade younger



Scott Kelly and Mikhail Kornienko returned Tuesday.
NASA/THE ASSOCIATED PRESS

cosmonaut Sergey Volkov, whose stint lasted the typical six months.

Kelly was the first one into the docked Soyuz capsule after a round of hugs and handshakes. Kornienko reached out and patted the inside of the station before the hatches swung shut.

As he relinquished command, Kelly noted that he and Kornienko have been jokingly saying, "We did it!" and "We made it!"

THE ASSOCIATED PRESS

IN BRIEF

Up to 10,000 migrants stuck at Greek border

Hundreds of exhausted refugee families trying to reach Western Europe flocked Tuesday to a burgeoning tent city on Greece's border with Macedonia, which had not allowed anybody in for 24 hours, citing a similar policy by Serbia further north. The UNHCR said

Europe "is on the cusp of a largely self-induced humanitarian crisis." A statement said inconsistent policies "are causing unnecessary suffering and risk being at

variance with EU and international law standards." Police say there could be up to 10,000 people at the border in deteriorating conditions.

Meteor above Scotland

Scientists say a meteor was the cause of a bright flash of light reported by people across Scotland and northern England. Police said they received calls with reports of a loud bang, a sudden blue, green or white light or a fireball in the sky.

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SWEDEN**McDonald's adds VR goggles to Happy Meals**

Move over analog Happy Meal toy, McDonald's is rolling out virtual reality for their youngest patrons.

The newly-announced "Happy Goggles," being marketed at 14 locations in Sweden from March 5 to March 12, are meant to be paired with Slope Stars, a ski-themed VR game.

The goggles are made by folding your Happy Meal box into something resembling a '90s-era View-Master toy. You insert the VR lenses, attach your smartphone, and before long you'll be skiing down Sweden's virtual slopes.

COLIN MCNEIL/METRO

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TELEVISION

Get the skinny on your basic cable

Canadians now have the choice to pay no more than \$25 a month for basic cable as the deadline for the CRTC-mandated so-called skinny cable and satellite packages dawned Tuesday. The regulations came after the federal regulator's Let's Talk TV campaign, launched in 2013, found Canadians wanted more choice from their cable providers.

What's a basic-cable package?

Basic-cable packages must include at least 10 local and regional TV channels, public interest channels (like the Aboriginal Peoples Television Network), educational programming, community channels and legislative channels where available.

Is that all that's included?

That's the bare minimum for skinny cable packages.

They may also include local AM and FM radio stations, up to 10 non-local TV stations and another province or territory's educational programming if there's no local alternative.

Does it cost less than previous plans?

While the monthly cost of the skinny package is capped at \$25 monthly, that doesn't include installation or equipment fees.

Bell's starter package, for example, costs \$24.95 for basic channels. But new customers selecting that plan must pay another \$7 monthly for an HD receiver, or \$15 monthly for an HD PVR rental, or \$499 to purchase the unit. There's also a one-time installation fee of \$49.95 for customers signing on for a two-year contract, or \$199.95 for those without a contract.

How do I make the switch?

TV viewers wanting to make the switch can visit the websites of cable providers to determine what packages, à-la-carte channel and bundle options most appeal to their needs.

The CRTC provides a list of service providers in various Canadian cities.

THE CANADIAN PRESS



Carly Bright poses for a photo with her basset hound named Dean at their Toronto, Ont. home in February. MICHELLE SIU/THE CANADIAN PRESS

Doggie darlings netting big bucks

INSTAGRAM

Companies looking to harness puppy star power

Dean just turned two years old, but he already has more than 107,000 Instagram fans following his squirrel-chasing, stick-fetching and snack-sneaking adventures in Toronto.

The floppy-eared basset hound is one of several Canadian dogs whose #DogsOfInstagram game is on point. These rising canine stars can score anything from free doggie treats to lucrative

book deals as companies look to harness the puppies' star power.

Carly Bright and Nathan Sidon picked up Dean from a breeder in April 2014. One month later, the couple launched Dean's Instagram account to avoid spamming their own followers with incessant pictures of their puppy.

His photos started resonating with strangers, though, and by late summer, his account cracked 1,000 followers.

Bright continued posting about one picture daily and fine-tuned Dean's voice. The captions, Sidon said, are the couple's "best understanding" of their dog's perspective.

"He's got a big personality," said Bright.

While they consider Dean's social media presence a hobby rather than a business, interest in the hound's potential to peddle products has grown along with his following.

"People reach out to him all the time," Sidon said.

Sometimes the companies want to send Dean a free product, hoping his owners will showcase it on the account, said Sidon. The deals can be lucrative.

Dean's owners have been asked to lend his likeness to socks, sandals and 3D figurines, but Bright and Sidon have passed on the offers to maintain the integrity of Dean's Instagram page and keep it relatively advertisement-free. THE CANADIAN PRESS

NAOMI KLEIN

**THIS CHANGES EVERYTHING:
CAPITALISM vs. THE CLIMATE**

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metro VIEWS

Your essential daily news

Wednesday, March 2, 2016

URBAN ETIQUETTE ELLEN VANSTONE



Dear Ellen,
How do I tell people I don't want to be upsold at the cash — air miles, donation to sick children, a croissant with that chai latte? Every time I say no, I feel disorganized (travel points) and cruel (very ill children). Even worse — and this may be a whole other etiquette question — is to be asked for my name when placing my order at Starbucks (not to mention the follow-up: "Is that with a C or a K?" What does it matter?). I want to stop this insanity without being rude. What do I do?
Catherine

Dear Catherine,
I don't find upselling as irritating as you do, though admittedly, when the epidemic first began to take hold, I did find it mystifying. Why were staff at checkout counters constantly asking me if I wanted soup or salad with that, or if I needed any windshield washer today, or had I noticed the buy-two-get-one-free offer in the shoe department. Did I look like a hungry, absent-minded, scuffed-shoe consumer with a dirty car?

At first, I would stop to explain to checkout people that I appreciated their concern, but that I had everything I needed, and hoped they wouldn't be offended that I was declining their considerate suggestions. But after being met with confusion, boredom or irritation, I soon

I found your fellow objectors very much in the minority, drowned out by millions of enthusiastic links on what a fabulous idea upselling is.

realized they weren't asking out of concern for me at all! They were simply doing their job as wage slaves trained to harass the customer into spending more money before being allowed to escape.

Now I save time for everyone by quickly saying, "No thank you" as soon as the upsell begins. They don't care. In fact, they seem to appreciate being let off the hook right off the bat (to mix metaphors). They finish ringing up my purchase(s), send me on my way and happily move on the next customer. With this courteous but firm approach to the aggressive upsell, both parties are able to remain friendly and polite, which is a nice way to end any encounter.

If you're hoping to prevent

being upsold altogether, I'm afraid you're out of luck. Out of curiosity, I went online to investigate the phenomenon, wondering if others felt as annoyed and manipulated as you do. Surely if enough people hated it, you could join together in a mass protest to end it?

Instead, I found your fellow objectors very much in the minority, drowned out by millions of enthusiastic links on what a fabulous idea upselling is, and how it can be used by almost any business to increase sales and profits. The most successful upsell of all time — "Would you like fries with that?" as pioneered by McDonald's — has been working like gangbusters since the 1970s and continues to increase profits by millions per

year. In short, resistance is futile. The upsell is here to stay.

As for your objection to having to give your name when placing an order at Starbucks, and then being asked how to spell it, I'm tempted to suggest you invest in a meditation course or regular massage sessions, except you might misconstrue my sincere concern as upselling.

What I will advise is that you take control of the situation. Place your order and then, without being prompted, volunteer your name and the first initial: "That's for Catherine, with a C."

Give them a little something extra: An upsell.

Need advice?
Email Ellen:
scene@metronews.ca



© Ani Castillo

ROSEMARY WESTWOOD *metroview*



Where's the apology for the state's place in staff rooms of the nation?

A posthumous pardon is certainly far better than none at all.

So it was a victory for many this week, when the federal government announced it would pardon Everett Klippert, the only man labelled a dangerous sex offender simply because he was gay.

The Liberals also announced a review of convictions prior to 1969 for buggery and gross indecency — offences that punished gay sexual acts.

It's a laudable move, but an incomplete one.

To begin with, 1969 was the year that gay sexual acts, called gross indecency, were decriminalized — but not anal sex, or buggery, which remained on the books until 1988. That's kind of like decriminalizing a grilled cheese sandwich, but not the cheese. In fact, a Global investigation found convictions actually spiked in the 1980s.

Of course, to seek pardons for the criminalization of gay sex post-1969 would force the Liberals to admit that Pierre Elliott Trudeau was not a perfect flag-bearer for gay rights.

His 1967 announcement that "there's no place for the state in the bedrooms of the nation" did not mark an end to the state's interest in gay sex.

Plus, Trudeau failed, in both of his stints as prime minister, to end the imposition of the state into the bedrooms of its

staff. Between 1958 and 1992, the government spied on and fired gays and lesbians in the military and public service.

"It's relatively easy to begin to pardon individuals. It's much more difficult for them to say, in a general way, 'What the Canadian state did to gays and lesbians was totally wrong,'" says Gary Kinsman, co-author of *The Canadian War on Queers* and part of a group calling for a federal apology. They had the official support of the NDP before the election. Liberal interest has extended to meetings with a few MPs, and not much more, Kinsman says.

That is a shame. It might be difficult to admit widespread wrongdoing, but it's actually a less bureaucratic process to apologize for firing people for being gay, than to review reportedly thousands of convictions over many decades. Perhaps there's a fear of lawsuits, a bad reason to leave a wrong un-righted. Perhaps the Liberals worry about their image as defenders of LGBTQ rights, much touted during the election. I hope not.

Public apologies should be serious matters, carefully considered, but a government that's quick to pardon one man who did nothing wrong should surely be able to apologize to the equally innocent Canadians it hunted down and purged for decades.

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Miso, my! Easy ramen broth

GUEST-WORTHY MEAL

Elevate instant noodle staple by making your own stock

Aside from a box of Kraft Dinner, nothing personifies singleness more than a packet of instant ramen.

The cheap block of instant noodles is delicious and satisfying, but the packet of powdered soup broth contains an entire day's worth of salt. Here's an easy way to make your own broth that is just as satisfying but with considerably less sodium so you can drink it without gasping for water.

While you're at it, take a few extra minutes and add vegetables and leftover meat to create a complete meal worthy of guests. You'll think twice about lining up for a \$15 bowl of ramen after making this.

Baller Ramen

Makes one serving.

Ingredients:

- 1 large egg
- 2 cups (500 mL) water
- 2 tsp (10 mL) white miso paste
- 1 tsp (5 mL) soy sauce
- 1/2 tsp (2 mL) sesame oil
- 1 packet instant ramen noodles
- 2 heads of baby bok choy, leaves separated and rinsed
- 1/4 cup (60 mL) kimchi
- 1/3 cup (80 mL) edamame
- 1 Tbsp (15 mL) canned corn kernels, drained and rinsed

Directions:

1. Place egg in a small pot filled with enough cold water to submerge egg by at least an inch. Cover. Over medium-high heat, bring water to a rapid boil. Remove from heat and let sit covered for 12 minutes, or 6 minutes for soft-boiled eggs. Take out egg and submerge in bowl of cold water for 5 minutes until cool to



Take a packet of instant ramen and turn it into a complete meal by whipping up a simple miso broth, adding vegetables and a hardboiled egg as a finishing touch.

TORSTAR NEWS SERVICE

the touch. Remove shell and slice in half lengthwise. Set aside.

2. While egg is cooking, in a small saucepan over medium heat whisk together water, miso paste, soy sauce and sesame oil. Bring to a rapid boil and add bok choy

and ramen, stirring until leaves are tender and noodles are al dente, about 2 to 3 minutes.

3. Transfer to bowl. Top with sliced eggs, kimchi, edamame and corn. Serve immediately.

Other proteins to consider:
Cooked chicken, tofu cubes, thin-

ly sliced Spam, cooked bacon.

Other veggies to consider:

Broccoli florets, sliced red pepper, bean sprouts, finely chopped bitter greens, pickled carrots and daikon.

Bonus condiments:

Nori, sesame seeds, Sriracha or any kind of hot sauce.

TORSTAR NEWS SERVICE

11 FOOD TIP

The best way to peel an egg

J. Kenji López-Alt of Serious Eats, did exhaustive research on making the perfect boiled egg. He concludes that shocking the egg in icy water and letting it cool completely is key in preventing the egg from sticking to the shell. Also, he says to gently tap the shell all over rather than aggressively roll it across the counter, then peel under cold water.

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TASTE TEST

Sweet and sour: Fruit of the coffee bean

Ariel Teplitsky
Torstar News Service

Curious to know what the fruit of the coffee bean tastes like? You'll still be wondering after drinking a bottle of KonaRed.

Coffee beans grow on bushes inside a fruit that resembles a cherry, with a red skin and a thin layer of sweet fruit, which is often discarded. Today, more plantations are trying to make use of this coffee byproduct, called cascara, which still contains a small amount of caffeine, and a large amount of antioxidants and nutrients.

Thus you can now find cascara "coffee cherry tea" in some coffee shops. Or you can buy a bright red bottle of "Hawaiian Coffeeberry Superfruit Beverage" from KonaRed.

It tastes like you'd expect any berry juice to taste: sorta sweet, sorta sour, with hints of cherry, watermelon and ... is that pineapple?

Yes, pineapple juice is the first ingredient. It also contains apple juice from concentrate, stevia extract as sweetener, plus natural

flavours. The result is more fruit punch than fruit juice, which tastes fine but not in any way distinctive, though the sweetness masks a slightly pungent aftertaste.

You might still want to drink it for the reputed health-boosting qualities, but you'd be better off eating fresh, fibrous fruits and berries over sweetened, concentrated fruit juice.

And what of KonaRed's pledge of sustainability, by utilizing a part of the fruit that's often discarded? That's nice and all, but packaging this salvaged fruit in plastic bottles and shipping it thousands of kilometres to a Canadian supermarket can hardly claim a zero carbon footprint.

So that's that. Grab a coffee, some fruit, and call it a day.

Would I try it again? No, but the next time I'm in Hawaii, I'll happily eat fresh coffee fruit — and the beans inside, too.



1 FOOD BRIEFS

Liquid assets

If someone gives you the stink eye for taking a photo of your meal, tell them you're trying to turn food porn into prizes.

Masi Agricola, one of Italy's perennial producers in the Vento region, begins its celebration of the 50th anniversary of Campofiorin (\$19.49-\$20.95), its flagship red blend, with an Instagram contest. Just snap a shot of something edible inspired by the wine and post it with the hashtag #Campofiorin50.

First released in 1964, Campofiorin is made from a ripasso-style technique originated by Masi that sees fresh vinified juice from Valpolicella re-fermented along with grapes that have been slightly dried.

The current 2012 vintage is a rich, but very accessible, wine with universal appeal that has, to quote Masi on its food-friendliness, "versatility that inspires experimentation."

Prices reflect the range across the country. Some products may not be available in all provinces.
PETER ROCKWELL/METRO



ROSE REISMAN THE SAVVY EATER

THIS WEEK: Bacon

Bacon and eggs have been a popular breakfast choice for Canadians for decades, but changing up the bacon variety could save your weight and heart!

PICK THIS

Peameal bacon (cooked, 4 slices)

Calories 100
Fat 3.5 g
Saturated Fat 1.5 g



SKIP THIS

Bacon (cooked, 4 slices)

Calories 200
Fat 19 g
Saturated Fat 7 g



HERE'S WHY



Equivalent to 2.5 six-inch Ham subs (with lettuce, tomato and cheese) in fat from Subway

Peameal bacon, also known as Canadian or back bacon, comes from a lean boneless, pork loin, which is low in fat and saturated fat. Traditional bacon slices on the other hand, come from the belly of a pig, yielding twice the calories and five times the fat and saturated fat. Regardless of the type of bacon you pick, always only eat it occasionally since both options are high in sodium!

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Potluck favourite: Vegan Shepherd's Pie

RECIPE

Don't get put off by all the layers, this pie is pretty simple

Five-Layer Vegetable Shepherd's Pie

Have a potluck coming up? Make this a day or two ahead. Then warm it in the oven for 20 minutes at 350 F (180 C) and reheat the vegan (yes, vegan) gravy over the stove.

Mushroom layer

- 3 Tbsp (45 ml) olive oil
- 2 cloves garlic, finely minced
- 1 2/3 cups (310 ml) finely minced white onion
- 1 lb (450 g) button mushrooms, coarsely chopped
- 1/2 tsp (2 ml) table salt

Squash/Zucchini layer

- 1 Tbsp (15 ml) olive oil
- 2 cups (500 ml) finely diced, peeled squash
- 2 cups (500 ml) finely diced zucchini
- 1/2 tsp (2 ml) table salt

Quinoa

- 2 cups (500 ml) water



Use whatever veggies you have to create your own version. TORSTAR NEWS SERVICE

• 1 cup (250 ml) quinoa, rinsed

ed vegetable broth

- 1/4 tsp (1 ml) cayenne or paprika, if desired

Bell pepper/leek

- 1 Tbsp (15 ml) olive oil
- 1 green pepper, finely diced
- 2 cups (500 ml) chopped leeks, white parts only
- 1/2 tsp (1 ml) table salt

Potatoes

- 1 1/2 lb (675 g) medium white potatoes (about 5), peeled
- 1/2 cup (125 ml) no salt-add-

1. For mushroom layer, in a large frying pan, heat oil and garlic over medium heat. Cook 2 to 3 minutes until the garlic starts to brown. Add the onions, mushrooms and salt. Stir and cook, allowing the onions to turn translucent and the mushrooms to shrink in size and begin to brown, about 20

to 25 minutes. Pour the mushroom-onion mixture in an even layer into a 10.5-by-7.5-inch (27-by-19-cm) oven-safe casserole dish. Set aside.

2. For squash layer, in a large frying pan, heat oil on medium heat. Add squash, zucchini and salt. Stir and toss until the squash and zucchini become tender and begin to brown, about 10 minutes. Layer mixture evenly on top of

the mushroom-onion mix in the casserole dish.

3. For quinoa layer, bring water to a boil over high heat. Add quinoa. Stir. Reduce heat to low. Cover; cook 10 minutes, or until quinoa is tender and liquid has evaporated. Layer on top of squash and zucchini.

4. For the bell pepper layer, in the frying pan, heat oil on medium heat. Add green pepper, leek and salt. Cook, stirring, until tender, about 8 to 10 minutes. Layer on top of cooked quinoa.

5. Meanwhile, for potato layer, fill a medium pot two-thirds full with water. Bring to boil over high heat. Add potatoes. Cover. Boil 20 to 30 minutes, or until a knife easily slides into potatoes. Drain and let air dry. Transfer to a mixing bowl. Add the room-temperature broth while the potatoes are still hot. Using a potato masher or fork, mash the potatoes until creamy. Spread potatoes in an even layer on top of the casserole dish using a spatula. Sprinkle cayenne or paprika, if using.

1 VEGAN GRAVY

- 1 Tbsp (15 ml) olive oil
- 1/3 cup (75 ml) finely minced white onion
- 1/2 tsp (2 ml) table salt
- 1/4 tsp (1 ml) black pepper
- 1 1/2 cups (375 ml) no salt-added vegetable broth
- 1/2 tsp (2 ml) soy sauce
- 1 Tbsp (15 ml) all-purpose flour

In small saucepan, heat oil over medium heat. Add onions, salt and pepper. Cook until onions soften and turn translucent, about 10 minutes. Add broth and soy sauce. Stir. Quickly whisk in flour, making sure there are no clumps. Reduce heat to low and gently simmer 20 minutes, or until the gravy thickens. Makes about 1 1/2 cups (375 ml) gravy.

6. Bake casserole in preheated 350 F (180 C) oven 15 to 20 minutes, or until the potato crust turns golden brown.

Serve with gravy, if desired. Makes 4 to 6 servings.

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CBC rolls out its own kind of Serial

INTERVIEW

David Ridgen investigates cold cases in new podcast

Melita Kuburas
Metro | Canada

There are similarities between CBC's new podcast, Someone Knows Something, and the first season of American radio doc Serial: both roll out weekly, investigating old cases in real-time, and both are anchored by a captivating reporter, bringing some transparency to this type of journalism.

But David Ridgen, host of the CBC show that launches March 2, says he deliberately stayed away from programs like Serial and Netflix's Making a Murderer.

"I don't want to unconsciously or consciously even try to mimic them," he tells Metro. "I think comparisons will be made, but I'm hoping that we have our own unique kind of show that's based on an honest process and looking for the facts."

To be fair, Ridgen has been doing this genre long before the aforementioned U.S. true-crime series were released.

His 2007 documentary Mississippi Cold Case led to the prosecution of a Ku Klux Klan member connected to the killing of two young black men.

And like in that project, and others since (Confession to Murder; A Garden of Tears), Ridgen wants results in the mysteries he examines for the CBC. "I'm here to actually solve a case and to do that I have to be engaging, but I also have to be fair to the family members and not lead them somewhere and just leave them hanging," he says.

Here is another important distinction: While Serial and Making a Murderer have been criticized by the family members of murder victims Hae Min Lee and Teresa Halbach, respectively, Ridgen is not interested in reopening an old wound unless he has full support from the family affected.

"It's important to see that these cases are about process as much as they are about the outcome," he says.

Families of missing or murdered loved ones often face a lot of guilt associated with the tragedy, and sometimes they face blame from the community or are cast in a suspicious light. Ridgen wants the reporting to



David Ridgen, host of *Someone Knows Something*. OWEN RIDGEN

ABOUT THE CASE

- The first season of *Someone Knows Something* launches today at cbc.ca/sks. It will also be available on iTunes and Google Play.



Photo of Adrien McNaughton in 1972 and sketch of how he would look as an adult, released in 2009.
ONTARIO PROVINCIAL POLICE

- It looks at the case of Adrien McNaughton, a five-year-old boy who vanished during a family fishing trip in Calabogie, Ont. in 1972.

- Host David Ridgen grew up in the town, and says that it has been a "dark

cloud" over the community ever since he can remember.

be healing.

"In looking back at the cases, I feel like the process of this podcast is offering an almost therapeutic kind of approach."

Ridgen adds that even if he doesn't get to the point where they're in the courtroom "pointing our fingers at a person who has done it," the process is worthwhile if he knows the family has learned something and have some closure.

But the work also takes a toll on him. In the prologue for the

series, Ridgen struggles with whether to accept the CBC offer, given the emotional weight it's had on him in the past.

"There's no doubt that it has an impact when you're looking at photographs of crime scenes or things that the general public just does not get to see and it's just the constant iteration of the information through your head about missing children, murders and horrific imagery. As I say in the prologue, it just kind of haunts you."



JOHANNA SCHNELLER WHAT I'M WATCHING

The many truths in a Bronco chase

THE SHOW: *American Crime Story: The People vs. O.J. Simpson*, Episode 2 (FX)

THE MOMENT: *The Pizza*

Los Angeles, 1994. Football star, media personality — and accused murderer — O.J. Simpson (Cuba Gooding Jr.) is cruising the freeways in a white Ford Bronco, pursued by a dozen police cars, while the world watches on television.

In the kitchen of a pizza delivery joint, phones ring off the hook while cooks scramble to make pies.

"This is crazy," one says, grabbing an empty plastic bin. "We ran out of cheese."

My love for this limited series is deep and abiding, and scenes like the one above are why.

How many times have you seen "news is happening" dramatized by people staring at TVs? This show depicts that



Cuba Gooding Jr. is O.J. Simpson in *The People vs. O.J. Simpson*. CONTRIBUTED

scene not just originally, but also thematically — our bottomless appetite for food equals our bottomless appetite for sensationalism.

The co-writers, Scott Alexander and Larry Karaszewski, are just so freaking smart. (They also wrote *Ed Wood* and *The People vs. Larry Flynt*.)

They're expert at finding the places where celebrity and success curdle into toxicity and greed, and for turning complex issues into gripping drama.

In Simpson's story, they hit the motherlode. The issues that riveted us 22 years ago

— America's deep divisions in race, class, wealth, fame; our eagerness to judge people superficially and leap to conclusions based on our prejudices — are, if anything, even more urgent now.

Giving the Bronco chase a full hour is just one example of the show's genius: It takes the time to parse every detail, and finds meanings and connections that make us gasp.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



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Cadenza: The height of mid-luxury



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THE CHECKLIST | 2016 KIA CADENZA

THE BASICS

Type. Four-door, five-passenger mid-size sedan

Engine (hp/torque). 3.3-litre V6 (293/255)

Transmission. Six-speed automatic

Price. \$37,995 (base); \$45,595 (as tested), plus destination

COOL FEATURES

- Electric parking brake
- Rear-view camera and parking sensors

- 12-speaker audio system
- Windshield wiper de-icer
- Rear-seat USB charging port
- Power-folding mirrors
- Automatic window defogging feature

POINTS

- The Tech trim adds LED fog lamps, 19-inch wheels, power passenger seat, and adjustable steering feel.
- The Tech uses hydrophobic glass in the front-door windows, which causes

snow and raindrops to sheet off the surface to improve visibility.

- The engine uses direct gasoline injection.

MARKET POSITION

Kia is a strong player in the entry-level and mid-range markets, but is still minor in the mid-lux and luxury segments. That may change in future, especially as parent company Hyundai launches its separate Genesis luxury brand.

THE COMPETITION



Nissan Maxima
Base price: \$35,900



Buick LaCrosse
Base price: \$36,525

REVIEW

Like rivals, Kia's latest has many features for its price point

Jill
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For Metro Canada



Premium trim at \$41,995.

My tester, the top-end Tech at \$45,595, included blind-spot monitoring, lane departure warning system, and adaptive cruise control, which adjusts its speed in relation to traffic ahead. Many of these cruise systems have become very sophisticated, but this Kia's version is still too jerky.

The sedan's handsome cabin, which only comes in black, offers up a good amount of legroom and headroom in both the front and rear seats. Those chairs are impressively comfortable, and on the Premium and Tech trims, the driver's seat has a power-operated knee extension, perfect for long-legged folks who find that most seat cushions are too short.

The Cadenza slots between Kia's volume-selling Optima and its even-rarer top-line K900 sedan. It shares its mechanicals with the Hyundai Azera sedan, a model no longer sold in Canada but still available in the U.S.

It follows Kia's business model of offering a lot of features for the money, but other manufacturers have jumped onto that as well: many other mid-lux models also pile on the features in a price range that's comparable to Cadenza's. You'll have to closely comparison-shop to get the most for your money, but include Kia's version on your list.

Its platform design has been around for a while. It shows its age with a somewhat doughy suspension that's mostly gone out of fashion in favour of the sportier, sharper feel in most new models. Still, that's precisely the type of ride many luxury buyers prefer. And it's all put in motion by a seriously sweet 3.3-litre V6 engine that's powerful, smooth and quiet, and mated to an equally-refined six-speed automatic transmission.

A well-equipped base model starts at \$37,995, but higher-end features such as a panoramic sunroof, ventilated front seats, heated rear seats, power-adjustable steering wheel and power rear sunshade come with the



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The proof may be in the patent

E-RAY

Corvette to go electric?

A new trademark filing by General Motors indicates that the automaker is working to develop an electrified Corvette, speculates AutoGuide.com. Two filings — one for "Corvette E-Ray" and the other for just "E-Ray" — apply specifically for "Motor land vehicles, namely, automobiles." "In the spirit of jumping to conclusions, we'll say there's no way these trademarks don't point to the possibility of GM developing an electric, or maybe even hybrid-powered Corvette." The site notes that GM has been pushing its electrification strategy of late, with the second-generation Volt "impressing the critics." With electric motors offering full torque at practically zero revolutions per minute, a Corvette with electric technology "could be an impressive performer."



TEXT AND IMAGES BY WHEELBASE MEDIA

NEW RELEASES

Hybrid power motivates Volvo's new flagship S90 luxury sedan; will include pilot assist and animal avoidance tech

Armed with a high-tech hybrid drivetrain and animal-collision-avoidance technology, Volvo's new S90 luxury sedan is set to do battle with the upcoming Mercedes-Benz E-Class and BMW 5 Series sedans, both of which promise to be technological power-houses. The new big sedan is built on the same platform as the XC90 tall wagon, notes emerging-technology magazine Gizmag. The car will feature Volvo's pilot-assist system, which automatically keeps the car within its lane at speeds up to 128 km/h. The S90 will also be fitted with large-animal avoidance technology that warns drivers of cows, moose or horses, then applies the brakes to help avoid a collision.



FIA FORMULA E

Jag won't lag

Jaguar says it will enter the all-electric global FIA Formula E racing series in a bid to develop and test its electric powertrains through the rigours and stresses of auto racing. "It is my belief that over the next five years we will see more changes in the automotive world than in the last three decades. The future is about being more connected and more sustainable," said Nick Rogers, group engineering director for Jaguar Land Rover, in a statement.



2016 FORD F-150

Pickup gets three-fuel capability

The first 2016 Ford F-150 pickup truck to run on compressed natural gas, propane and gasoline rolled off the line in Kansas City, Mo., recently. It joins a CNG/propane-capable fleet that includes the F-Series Super Duty, Transit and Transit Connect vans and wagons. Ford has sold more than 60,000 vehicles prepped to run on natural gas and propane since 2009, "six times more" than other North American automakers combined. Its gaseous-fuel-prep package includes hardened engine valves, valve seats, pistons and piston rings.



THE GREEN ANGLE

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The future of software updates

AUTO TECH

More companies to use over-the-air technology

Who likes software updates?

They're those recurring installations that kick in just when you are about to shut off your laptop

for the day, or the pesky alerts on your smartphone reminding you about a shiny, new version of the operating system.

It's hard to imagine many raised hands.

Constant software improvements are no longer limited to personal electronics. As thousands of new lines of code get added to cars with every new model, version updates are becoming the norm for vehicles

as well.

Most people with newer cars have made at least a couple of software update trips to dealerships, or may have just ignored all those mailed reminders.

But it will get harder to overlook these kinds of "soft" maintenance procedures as vehicles become more reliant on digital platforms.

Tesla — as with so many other things — has been ahead of the

game for remote updating of cars. Owners of the luxury electric vehicles don't need dealership visits to add new features — smarter routing, new interfaces, even drive assist options — to their cars. All of that can be done remotely.

Now other automakers are planning to unlock the full potential of over-the-air (OTA) updates.

Some, like General Motors, already perform OTA updates for

their telematics systems. Over the next few years, the Detroit automaker will continue to change the electrical infrastructure of its vehicles to facilitate the use of more remote software changes. Similarly, Ford, Toyota and several European automakers have confirmed that their customers can expect more OTA usage down the line.

At this year's CES event in Las Vegas, automotive connectivity and infotainment solutions supplier Harman International revealed that they also are working with several automakers on remote software delivery platforms.

Harman has been on the cutting edge of OTA updates, and its recent business strategy also sheds light on the two key concerns surrounding OTA updates — speed and safety.

Last year it acquired Redbend, an Israeli company that has helped Tesla remotely roll out critical updates like its Auto-pilot driver assist system with minimal bandwidth usage.

Similarly, Harman recently announced that it will acquire Towersec, a company that specializes in network security — arguably the biggest pain point in the development and adoption of OTA updates.

Like Harman, all automakers

and suppliers are currently pursuing the Holy Grail of OTA — faster, compact and secure data packages. The cost of remotely sending thousands of lines of code can be expensive — either for the automaker or the vehicle owner or both. Any remote software revisions therefore have to be very specific and targeted in order to make them more viable.

Many automakers continue to hold themselves back because of security issues and concerns over hacking.

For instance, GM has said that unlike Tesla, it will never use OTA for updates related to safety systems such as brakes. As a result, a lot of sweat and dollars will be spent over the next years in making sure platforms are secure enough to support all kinds of OTA updates.

TORSTAR NEWS SERVICE

+ CHANGES

- Some companies will continue to use cellular networks, others will use vehicular Wi-Fi to transmit data. Other companies are looking at sending software updates to driver's smartphones, which will push updates to cars via Bluetooth.



While Tesla has been leading the pack on the remote updating of cars, other companies are following suit. ISTOCK

IN BRIEF

Beats Audio comes to Volkswagen Up and Polo

Special editions of the 2016 Volkswagen Up and Polo will pack 300W sound systems supplied by Beats Audio, and are to go on sale later this year.

After the six months of high profile scandal over fiddled engine emission ratings, Volkswagen is volunteering itself for a different sort of beating.

The Apple-owned Beats is

delivering sound inside the supermini-sized Up and Polo cars, to the tune of a 300W, eight-channel amplifier with six speakers and a sub buried in the spare wheel well.

In addition, the Beats name will be applied to exterior and interior decals, and both vehicles will sport alloy wheels.

The second generation Up will be given a global debut at the Geneva Motor Show in March. AFP

Flames stuffed in Boston

NHL

Nakladal's career first not enough against Bruins

Patrice Bergeron scored a tie-breaking goal with 3:24 left in the third period and the Boston Bruins beat the Calgary Flames 2-1 on Tuesday night.

Landon Ferraro also scored for Boston and Tuukka Rask stopped 24 of 25 shots as the Bruins won for the third time in four games.

Jakub Nakladal's first career goal was the only tally for the Flames, who lost their sixth straight.

Joni Ortio had 23 saves for Calgary, but had little chance on the game-winner as Bergeron one-timed a pass from Torey Krug from high in the slot.

TUESDAY In Boston

2
bruins **1**
flames

Ferraro gave Boston the lead on a one-timer from the slot off passes from Brett Connolly and Krug 7:05 into the game.

Rask had a shutout going until Nakladal scored 5:35 into the third on a slap shot from the top of the left circle to tie it at 1-all. Jyrki Jokipakka and Michael Frolik assisted.



Bruins left-winger Matt Beleskey reaches for the puck over Flames goalie Joni Ortio on Tuesday night in Boston.

ELISE AMENDOLA/THE ASSOCIATED PRESS

The Flames, who lost in Philadelphia 5-3 on Monday night, kept it close early with defence. Calgary held

Boston to five shots in the first and nine in the second as the Flames regained their strength.

Nakladal's goal gave Calgary a lift and the Flames nearly took a lead a few minutes later, but Rask stopped Mi-

chael Ferland three times as he attempted to swipe in a rebound from in front of the crease. THE ASSOCIATED PRESS

IN BUFFALO

McDavid steals show on Eichel's home ice

Connor McDavid scored his second goal in overtime to lead the Edmonton Oilers to a 2-1 victory over the Buffalo Sabres on Tuesday night in a much-anticipated matchup against another top rookie, Jack Eichel.

Cam Talbot made 31 saves for the Oilers, and Edmonton began a four-game trip with its second straight win.

McDavid and Eichel provided a buzz even though the Oilers and Sabres are in the NHL's bottom five. McDavid was the first pick



**Connor
McDavid**

THE ASSOCIATED
PRESS

in last year's draft and Eichel went second.

M c D a v i d scored 22 seconds into the game, and then got the winner by blowing past Buffalo's defence seconds after Eichel spun

around a defender and missed just wide with a twirling backhand shot.

THE ASSOCIATED PRESS

IN BRIEF

IOC removes itself from handling doping cases

In a major change in the handling of positive drug tests at the Olympics, the IOC agreed Tuesday to remove itself from the process and have a group of independent sports arbitrators rule on doping cases during the games in Rio de Janeiro.

The change was approved by the International Olympic Committee's executive board, IOC spokesman Mark Adams said.

THE ASSOCIATED PRESS

Getzlaf gets last laugh in Feb.

Forwards Ryan Getzlaf of the Anaheim Ducks, Alex Ovechkin of the Washington Capitals and Filip Forsberg of the Nashville Predators were named the NHL's three stars for February on Tuesday.

The first star Getzlaf had six goals, 14 assists and a plus-13 rating, Ovechkin earned second star with 12 goals in 13 games and Forsberg took third-star honours with 12 goals in 13 games. THE CANADIAN PRESS

NFL

Panthers' Norman given franchise tag

The Carolina Panthers have applied the non-exclusive franchise tag to All-Pro cornerback Josh Norman.

The team made the announcement before Tuesday's deadline.

Norman will make \$13.952 million next season unless he signs a long-term contract extension. Carolina has until mid-July to negotiate a new deal with Norman.

Since the Panthers used the non-exclusive franchise tag option, other teams can approach



Marcus Stroman throws against the Phillies on Tuesday.

FRANK GUNN/THE CANADIAN PRESS

MLB

Stroman feeling 'strong'

Marcus Stroman got his wish to be challenged in his first spring-training outing.

The Toronto starter allowed two runs on three consecutive two-out singles during his second inning of work Tuesday as the Blue Jays beat the Philadelphia Phillies 5-3 in the first spring-training game for both teams.

"I want to face a little adversity like I did today," Stroman said. "(I want to) get guys on, have to pitch with guys on the corners like I did."

Stroman is no stranger to adversity. After tearing his ACL in spring training a year ago, Stroman battled back to feature in Toronto's playoff run.

Those days are over.

"No brace, I don't even know where it is anymore," Stroman said. "I'm good, I'm strong."

"I'm ready to rock."

Stroman threw 33 pitches, 23 for strikes.

THE CANADIAN PRESS



**Josh
Norman**

GETTY IMAGES

West Brom frustrates table-topping Foxes

EPL ROUNDUP

Spurs can go top after lively Leicester is held at home

Leicester's unlikely Premier League title challenge faltered with a 2-2 home draw with West Bromwich Albion on Tuesday, offering Tottenham the chance to go top in another twist to the most unpredictable race for the championship in years.

Moving three points clear of the world's richest league was nothing to celebrate for Leicester's despondent players, who wasted a slew of late chances to put a provisional five-point gap over the Spurs.

"Just sometimes you can do everything but the ball doesn't want to go in," said Leicester manager Claudio Ranieri, who has turned a team that narrowly avoided relegation last season



West Brom's Claudio Yacob, left, trips up Leicester's midfielder Riyad Mahrez. OLI SCARFF/AFP/GTET IMAGES

into a title contender.

Tottenham is away to West Ham on Wednesday, while the title hopes of fellow contenders Arsenal and Manchester City — third and fourth respectively — were also boosted by Leicester dropping points.

Resurgent Chelsea moved

into eighth place and within sight of the European places by beating Norwich 2-1, extending its unbeaten league run since Jose Mourinho was fired before Christmas to 12 games.

At the bottom, Aston Villa's fans staged a mass walkout after the last-place team sunk nearer

Nothing negative. We tried to do everything and well done to my players.

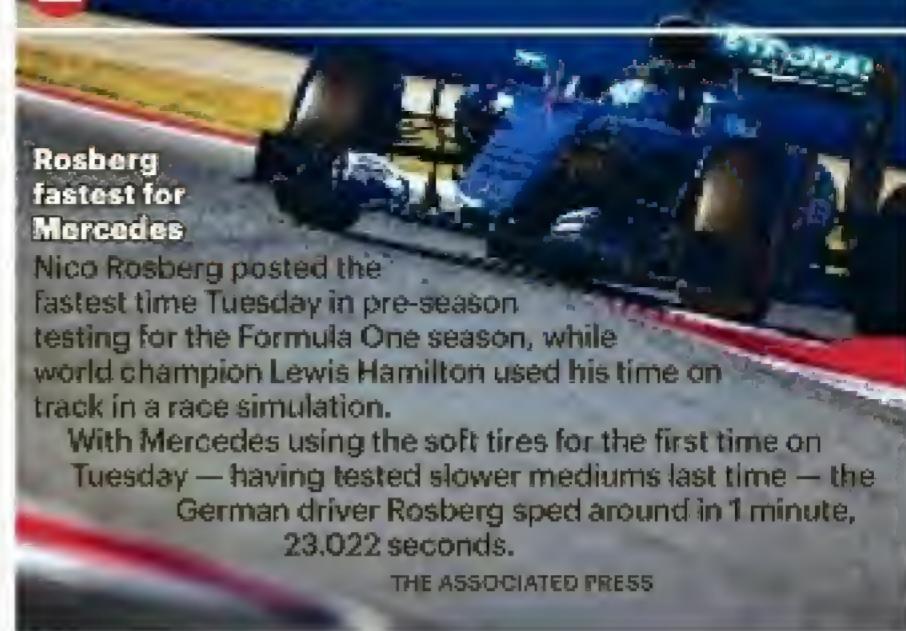
Claudio Ranieri

relegation with a 3-1 home loss to Everton. Ramiro Funes Mori, Aaron Lennon and Romelu Lukaku were on the scoresheet for the Toffees. Villa Park had already started to empty when thousands of fans departed in the 74th minute in protest at American owner Randy Lerner — when Villa was 3-0 down — to mark the year the club was founded, 1874.

Sunderland grabbed a 90th-minute equalizer to draw 2-2 with Crystal Palace and provisionally climb out of the bottom three and Bournemouth beat south-coast rival Southampton 2-0 to further ease its relegation concerns.

THE ASSOCIATED PRESS

FORMULA ONE



Rosberg fastest for Mercedes

Nico Rosberg posted the fastest time Tuesday in pre-season testing for the Formula One season, while world champion Lewis Hamilton used his time on track in a race simulation.

With Mercedes using the soft tires for the first time on Tuesday — having tested slower mediums last time — the German driver Rosberg sped around in 1 minute, 23.022 seconds.

THE ASSOCIATED PRESS

NBA

Heat sets record as Bulls get scorched

TUESDAY In Miami



Johnson scored 24 points. No team had shot better in an NBA game this season than San Antonio's 61.8 per cent against Philadelphia on Dec. 7.

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6. 160 Acres - 5:1:21;17;NW
7. 160 Acres - 5:1:21;17;NE
8. 155.70 Acres - 5:1:21;7;NE
9. 128.69 Acres - 5:1:21;7;NW
10. 155.50 Acres - 5:1:21;7;SE
11. 160 Acres - 5:1:21;7;SW
12. 157.79 Acres - 5:2:21;1;SE
13. 148.82 Acres - 5:1:20;31;NE

Anyone interested in submitting an offer to purchase any or all of the lands described above should contact Lexy R. Wong as set out below to obtain an offer package which will contain additional information about the lands and the terms and conditions which the Estate may consider when reviewing the offers.

All offers shall be submitted in writing in the form provided in the offer package and delivered no later than 12:00 p.m. MST (noon) on April 18, 2016 to the following:

Lexy R. Wong, Bennett Jones LLP Calgary
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RECIPE Apple, Cheese and Bacon Frittata



Ceri Marsh & Laura Keogh
For Metro Canada

Sweet apples, sharp cheese and some salty bacon together with eggs are all the reasons you need to make this easy frittata. You want another? You got it — it's a one pot star.

Ready in:
Prep time: 10 minutes
Total time: 35 minutes
Serves 6

Ingredients

- 4 strips of bacon
- 8 eggs
- 1 cup grated cheddar cheese
- 1/3 cup grated Parmesan cheese
- 1 Tbsp butter
- 1 apple, peeled, cored and thinly sliced

Directions

1. Preheat the oven to 450 F.

2. In large, oven-safe skillet, sauté the bacon until crisp. Turn off the heat. Place bacon on a piece of paper towel to drain and wipe out skillet with another piece of paper towel.
3. Meanwhile, in a large bowl, whisk the eggs together. Add half of both cheeses to the eggs and whisk again.
4. Place the skillet back over medium heat and add butter. Swirl that around the pan. Pour the eggs into the pan. Allow to cook until the edges begin to set. Crumble the bacon and sprinkle it across the eggs. Lay down the slices of apple in a circular pattern. Sprinkle the rest of the cheese over the top.
5. Place in a hot oven for 15 to 20 minutes, until the top is puffy and just lightly set. Remove carefully and allow to cool for a couple of minutes before slicing.

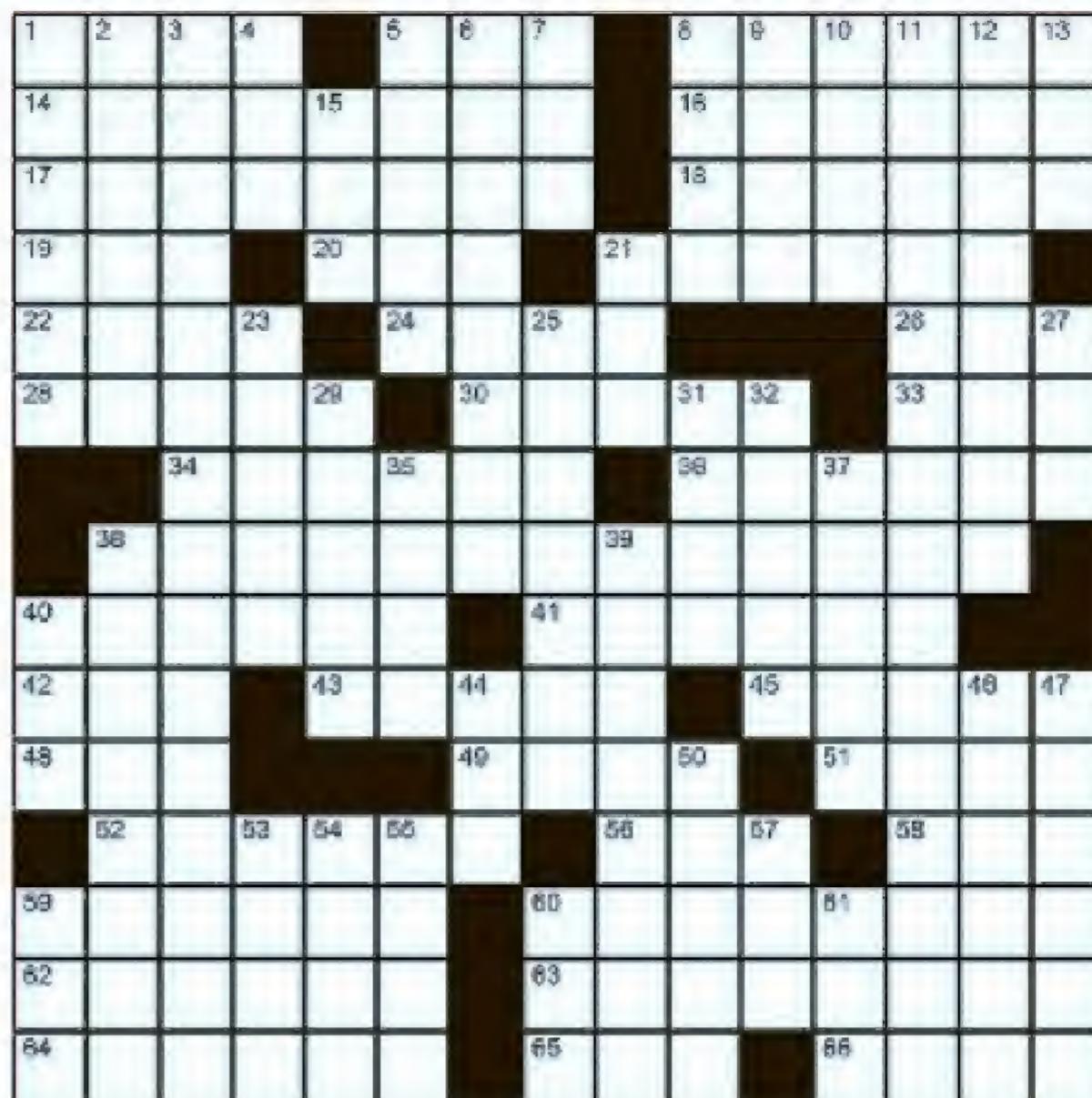
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "___ on My List" by Hall & Oates
5. Pro
8. Quebec pastry brand, maker of Ah Caramel!
14. "Love ___" (2003)
16. Jane's "Ally McBeal" role
17. CAA service, ___ assistance
18. Discarded
19. New Waver Adam
20. Theological sch.
21. P.E.I. produce product
22. Suit accessories
24. Couch
26. Clip-__ (Non-pierced earrings)
28. Do this with tickets outside the concert venue
30. ___ prosequi (Not proceeding, in law)
33. Caviar
34. Kitchen gadget
36. Skiing sort
38. Donald Sutherland's role in the 1970 movie version of "M*A*S*H": 2 wds.
40. Trunks
41. Jan and Cindy's older sister
42. Be decisive
43. "Get My Dough" by ___ Dean
45. Recites
48. Ring's sparkler
49. Poker stake
51. Scissors sound
52. The Earl of ___ (Title for Queen Elizabeth's youngest son Prince Edward)
56. ___ Time" by Imagine Dragons
58. Eggs, fancy-style
59. Comics: Dennis the ___
60. Someone succeeding
62. Director of #38-Across, Rob-



- ert ___
63. "City ___" (1991) starring Billy Crystal
64. Mary-Kate and Ashley
65. Bench press muscle, commonly
66. "Would you like anything ___?"

(Is that all?)

DOWN

1. Gold measurements
2. Like a widely recognized symbol
3. In royal residence Windsor Castle, they

- include The Waterloo Chamber and The Grand Vestibule: 2 wds.
4. South: French
 5. 1954 William Golding book, Lord of the ___
 6. Family's longstanding wealth: 2 wds.

7. Cereal grass
8. Nix
9. Commonly: 2 wds.
10. ___ Lorna, Toronto attraction
11. Lillian Ross book, Cougar's Crossing: A Canadian ___ of Pioneer Adventure
12. 1983 Hall & Oates hit that starts "I'm tired of playing on the team...": 3 wds.
13. Mr. Beatty
15. Sure-footed mammal
21. Chum
23. Bunches
25. Factory crew bosses
27. The Supremes: "Come ___ About Me"
29. Orange ___ (Tea)
31. Den
32. Put into office
35. Minus meaning
37. ___ open (Uses a crowbar)
38. New Brunswick attraction, ___ Rocks
39. Speck
40. Clothe
44. Levy
46. Detoxifying organs
47. Scant
50. Strong work ___
53. Equivalent
54. What an all-in-one printer can do
55. Poetic nights
57. [error left as is]
59. ___ jacket (Suit part for a sixties band)
60. Pharaoh snake
61. Hawaii: ___ Crater, in Maui

*IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't tell friends and relatives what they want to hear today — tell them what they need to hear. A large dose of reality is essential and a no-nonsense Aries like you is the best person to administer it.

Taurus April 21 - May 21
Don't get too caught up in the idea of winning and losing. Remind yourself what it means to enjoy the simple things in life, none of which require you to win a gold medal.

Gemini May 22 - June 21
Try something you have never tried before. Others may not approve but that will only make you even more determined to go through with it. You enjoy pushing limits.

Cancer June 22 - July 23
People are depending on you, so stay focused on what needs to be done. You won't have to do it alone; someone will offer to help you and together you can put things right.

Leo July 24 - Aug. 23
Others are making life difficult for you but you are also making life difficult for yourself. What happens in the world is largely a reflection of what goes on inside your head, so be positive and believe in success.

Virgo Aug. 24 - Sept. 23
Each time you have things worked out someone comes along and moves the goalposts or changes the rules but don't let it get to you. It is all part of life's rich tapestry.

Libra Sept. 24 - Oct. 23
Follow the rules. Yes, of course, you could do it better and in half the time but it's not your call to make. Play along for now — you'll get your chance to shine later.

Scorpio Oct. 24 - Nov. 22
Are you any closer to reaching the targets you set for yourself around the time of your last birthday? If not, it may be time to adjust your sights a bit. Remember, your goals don't have to be set in stone.

Sagittarius Nov. 23 - Dec. 21
Someone will let you down today and you won't be too happy about it. But don't let it bother you too much because it is a blessing in disguise. You can do a lot better without them.

Capricorn Dec. 22 - Jan. 20
Push worries to the back of your mind and resolve to have fun. The Sun in Pisces brings social and travel opportunities aplenty, so there is no excuse why you should be stuck at home in a bad mood.

Aquarius Jan. 21 - Feb. 19
Don't feel bad if you haven't yet accomplished all you set out to do. There's no time limit to your ambitions and you've done a great deal already, more than others expected.

Pisces Feb. 20 - March 20
Forget about what might have been and focus on what can still be done. Take each day as it comes. There is already a plan guiding your life — all you have to do is follow it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

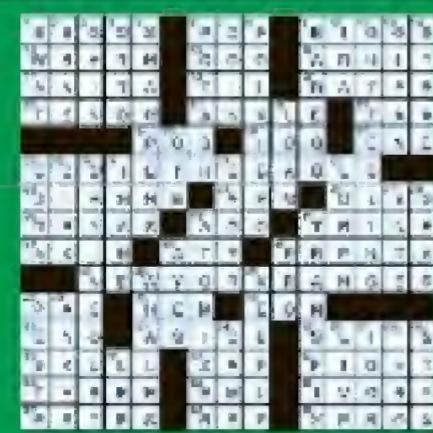
	7	8	6	3
2			5	1
	9			4
8	7			2
5				3 4
	8			9
1			7	5
	2	9	4	7

Conceptis Puzzles. Art by Kurt Johnson. © 2016

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

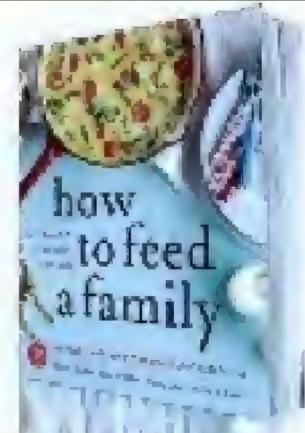
for more fun and games go to metronews.ca/games



1	5	2	4	9	6	8	3	7
7	4	3	5	8	2	6	9	1
8	6	9	7	1	3	2	4	5
2	8	4	3	7	5	1	6	9
3	9	7	6	2	1	4	5	8
6	1	5	9	4	8	3	7	2
5	3	1	2	6	7	9	8	4
9	7	8	1	3	4	5	2	6
4	2	6	8	5	9	7	1	3

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